

April

NEWSLETTER

2006

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

□
Arts & Crafts

□
Cultural Programs

□
Daily Lunch

□
Educational

□
Exercise

□
Health Services

□
Information &
Referral

□
Recreation

□
Socialization

□
Transportation

□
Travel

□
Volunteer
Opportunities

Open Monday
through Friday
8:00-4:30

Director's Report by Susan H. Gregory

I had the opportunity to attend the National Council on Aging and American Society on Aging Conference last month in Anaheim, California. The conference was wonderful with over 1,000 sessions to choose from during the four day event. My brain was overloaded with information, attending sessions from 8:00 am to 6:00 p.m. each day. I also toured a senior center in Cerritos and was overwhelmed by the services and facility (they have an Auto Mall in town so revenue is at no shortage.)

I attended sessions on baby boomers, marketing, end of life decisions, brain fitness, emergency preparedness, best practices in physical activity, civic engagement, medicare part D, and more. My biggest challenge was choosing the right session because there were so many offered each hour.

I've been elected to serve as the Utah delegate on the council for the National Institute of Senior Centers. I was able to meet delegates from other states and I'm very excited to be working with such a talented group of professionals. I learned a little about the Centers where other delegates work and found that Centers around the country are changing to meet the needs of the growing 50+ population (the baby boomers.) The one thing we all had in common was the same desire to provide quality services to enable older adults of all ages an opportunity for lifelong learning and meaningful opportunities in their communities when they retire.

Did you know that in Utah between 2000 and 2030 the number of Utahans age 65 and older is projected to increase by over 165 percent, growing from 181,805 to 482,542 during that 30 year period.

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

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Personal notices are charged the rate of 50¢ per line per issue.

G G G

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. Donations are appreciated to cover the cost of printing. The Heritage Center is funded and operated by Murray City.

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Appointments Requested

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, a week supply of lunch coupons, or a personalized tile in the courtyard. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. Debit cards are also accepted. □

COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not scheduled. There is no charge to use the computers during open lab time.

Classes are limited to 6 and each class is 1.5 hours per day.



Basic Computer I

This class is for the beginner. Learn how to move around in windows as well as basic concepts. **Mon., Tues., Thurs., April 3, 4, 6, 10, 11, 13 at 10:30.** Cost \$30.

Basic Computers II

Class is designed for the person who has had some exposure to computers and Windows. Cost is \$30 for six lessons. **Mon., Tues., Thurs., April 24, 25, 27, May 1, 2, 4 at 10:30.**

Basic Email

Learn the basics of Email (electronic mail) in this 5 1/4 hour class held over three days. Set up a free email account using Yahoo. Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around Windows. Cost is \$15 for 3 classes.

Mon./Tues/Thurs. April 17, 18, 20 at 10:30.

Basic Internet

Learn the basics of the Internet in this 3 hour class over two days. Prerequisites: Persons must have taken Basics I or be familiar with using a mouse and navigating around windows. \$15 for 3 classes. **Mon./Tues./Thurs. May 1, 2, 4 at 8:45.**

Intro to Scanner

Volunteer Gordon Gutke will demonstrate how to use the scanner in the computer room. Free. Registration limited. **Fri., April 21 at 10:00.**

Basic Photo Touchup

This class is designed to teach the basics in working with photographs. Some of what you will learn includes; methods for getting photo's, photo terminology, easy steps to adapt photos, and methods for organizing photos. This class uses MGI's Photosuite III. People do not need to have this software in order to take the class or successfully alter their photographs. Cost is \$30. **Mon., Tues., Thurs., April 17, 18, 20, 24, 25, 27 at 8:45.**

Other Classes?

Other classes available include **Basic III, Greeting Cards, Excel, Intro to Scanners, Music on computer, Keyboarding** (typing), **Word**. Let us know what you'd like to learn and we'll try to arrange a class.

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who just need access to a computer. The lab is open **Monday through Friday** when classes are not scheduled. Volunteers on hand on Wednesday (Glen) & Friday (Gordon) from 9:30-11:30.

Internet access is available.

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, April 12 at 1:30.** Thank you Tom Manak, HUGS volunteer, for arranging the great speakers.

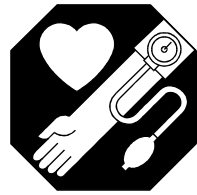
The group meets every month on the second Wednesday of the month at 1:30 p.m for a presentation, door prize and swapping information. The cost to join the club is \$10 per year. □





HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



April's Clinics

Monday April 10 - 1:00

Mental Aerobics

Thursday April 13- 1:00

Durable Medical Equipment

Thursday April 13 - 9-10:30

Toenail Clipping

Thursday April 20 - 10:00-12

Skin Cancer Screening

Monday April 10 & 24 - 1:00

Mental Aerobics 1:00

Make appointments at front desk
Medicare Part D Help

Toenail Clipping Thursday, April 13

Thursday, April 13 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. An RN from Applegate Home Care will come every other month from 9-10:30. The fee is \$10.00 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Skin Cancer Screening

Thursday, April 20 at 10:00

Dr. Rolfe Horsley from IHC will be here on **Thursday, April 20 at 10:00** to do skin cancer screenings. Appointments are required, and can be made starting April 6. This is a free screening.

At the current rate, one out of every 105 Americans born in 1991 will develop malignant melanoma during his or her lifetime. In contrast, the estimate in 1935 was only one in 1,500. This increase reflects the fact that the incidence of malignant melanoma is increasing at a rate greater than that of any other cancer.

Most skin cancers are highly curable. They are more common among women with lightly pigmented skin. Other factors that increase an individual's risk for melanoma include blue, green, or gray eyes; blond or red hair; light complexion, freckles, sun sensitivity, and an inability to tan. Other risk factors include family history of melanoma, a personal history of non-melanoma skin cancer or pre-cancer.

Warning characteristics can be easily remembered by the mnemonic ABCD. A=Asymmetry. The shape of early malignant melanoma is often asymmetric. B=Border irregularity. The borders are often irregular in early malignant melanomas. C=Color variegation. Malignant melanomas are usually tan and brown to black, sometimes intermingled with red and white. D=Diameter generally greater than six millimeters. The diameters of malignant melanomas are often six mm or larger when first identified.

The combination of routine physician examination coupled with self examination of the skin provides an opportunity for the identification of early malignant melanoma. Removal of such thin lesions can significantly reduce the ever increasing mortality rate from this potentially serious form of cancer.

When doing self examination, make sure you check every inch of skin. Make sure to include your hands. Look at the palms, fingers, and the spaces between your fingers. Do not forget your feet. Look at the top of your feet, the toes, toenails, and the spaces between your toes. Another forgotten area to check is your scalp. Use a blow dryer to lift the hair up off the scalp so you can check. □ □

HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...

Massage Therapy Fridays 12:15-4:00

Massage Therapy continues on **Fridays from 12:15-4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund. □

Durable Medical Equipment Thurs., April 13 - 1:00

Mountain Valley Home Medical Equipment is pleased to share an afternoon talking with you about Durable Medical Equipment. Durable medical equipment includes such things as toilet risers, grab bars, shower seats, reachers, and other aides for around the home. Many items are available that can make life easier and safer. Part of this presentation will cover bathroom safety. Did you know that over 70% of accidents around the home happen in the bathroom? Let Mountain Valley show you how to prevent them. The presentation will also talk about Medicare coverage issues regarding some of these aides. If you have a walker or wheelchair, bring it. Mountain Valley will be happy to adjust the brakes after the presentation. □

Mental Aerobics Mon., April 10 & 24

Are you stuck in a rut? Are you a creature of habit? Mental Aerobics is a new class at **1:00** on **Mon., April 10 and 24**. The class is designed to open your brain to new ideas and new approaches. Instead of saying I can't do this, this class will help you wonder what you can learn from a new encounter or a situation. Everyone knows how important it is to exercise our body, and the benefits that we see from exercising. Our minds are the same way. By exercising the mind we keep neuropathways active, reduce the chances of dementia and Alzheimer's, reduce aging of the brain, and improving memory.

Join this fun and light hearted class as we explore ways to get us out of our ruts. Class is free. □

Spiritual Cinema Wed., April 12 at 2:00

Wednesday, April 12 at 2:00 the Center will be showing a full length film that will inspire, educate, heal and transform your life. Following the film, Samadhi Ishaya, a member of the International Society of the Ascension will lead the group in a discussion on the spiritual elements of the film.

April's movie will be "Artic Dance." This film is based on the life of Mardy Murie and her early treks into the artic wilderness. The film covers her lifetime of hard work and conviction, which in the end culminated into the acceptance of numerous awards. Harrison Ford is the narrator of this film. If spirituality is a big part of your life, or you would like to include more spirituality, try the Center's new spiritual cinema. □

Medicare Part D Help? - Deadline is approaching

If you are eligible for Medicare and having difficulty choosing a new prescription drug plan, you are not alone. Open enrollment for Medicare's new prescription drug plan ends May 15, 2006. The staff here at the Center would like to help our participants choose the best plan for them. Starting in April you can make an appointment to sit down one on one with a Heritage volunteer who will guide you through the Medicare web site. This web site will help narrow your search down to three or four prescription drug companies, and then let you compare them side by side.

If you need help using a computer, or would just like help navigating the Medicare web site, appointments will be available on **Wednesday** mornings from **9:30-11:30**, and **Friday** afternoons from **1:00-3:00** by appointment. Items you need to bring to the appointment include your annual income and a list of the medications you are currently taking including the milligrams. Appointments can be made at the front desk. □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$12 per month or \$2.50 per class

STRETCHING - *NEW

Thursdays 10:00-10:30 - Free

Becky Clark- instructor

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month or \$10 for repeats

Newcomers must attend the orientation at 1:30 on April 4.

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:15-11:15

Jane Wallace - instructor

Fridays 9:30-10:30

Jamie Pond, Lili Field -instructors

\$15 per month OR \$2.50/class

NIA

Mondays & Wednesdays

9:00 - 10:00

Julie Rider -instructor

\$20 per month or \$3 per class

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 8 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:30

Shirlene Lundskog - instructor

\$1.50 per class

NEW CLASSES?

Do you have any requests for exercise classes? Let the front desk know what type of class you would like to see.

Aerobics and Thursday Stretching

Aerobic is a fancy word for needing oxygen. Aerobic exercise is any kind of activity that makes your muscles use oxygen. When you do an aerobic activity you are bringing in oxygen to all of your muscles. This causes your heart to become stronger. The actual number of blood cells increases so the blood can carry even more oxygen. Even your blood moves more easily through the blood vessels. All of these things means that your body works more efficiently to keep you healthy. You will also find that exercising becomes easier, and physical activity becomes less tiresome. □

***New - Stretching**

Immediately following the Aerobic class on **Thursdays** will be a stretching class. This can be a stand alone class or a continuation of the Aerobic class. Starting at **10:00** Becky Clark the Center's Aerobic instructor will start a new stretching class, to help lengthen muscles and improve flexibility. For a trial period only, the stretching class will be free of charge.

Come and join our Aerobic class every **Tuesday and Thursday from 9-10**, and now **Stretching on Thursdays from 10:00-10:30**. Don't forget that your heart is a muscle, and that it looks to you for the aerobic exercise it needs. □

University of Utah Exercise and Sports Science Students Last Days

The last day for the Exercise and Sports Science students from the University of Utah will be **April 14**. Three students have been leading a stretching group on Thursday's at 10:00, and have been helping out in the Exercise Room on Friday's from 1-3. The center would like to thank these students for helping our Center participants to meet their exercise goals. If you liked the stretching class, Becky Clark, the Center's Aerobic instructor will now be teaching a class on Thursdays at 10:00. □

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

Join others who like to learn new crafts on Tuesday afternoons at 12:45.

This is a drop in group. What ever craft you are working on is welcome. Come for the company, make new friends, or come and learn the featured project (crochet hot pad in April.) Leda Wright is the volunteer leader of this group, and will make you feel at home.□

Tuesday, April 25

Crochet Hot Pad

Crochet hot pads are the featured project for April. This class will be held on **Tuesday, April 25**. The class will feature three different styles of hot pads to make, a snowflake pattern, a simple square, and a circular pattern.

The materials you will need to bring with you to class include some type of yarn, a crochet hook, and a basic knowledge of crocheting. There is no charge for this project, and no need to register.

Tuesday, 9:30-11:30

Water Color Lab

Table-top easels will be available for those who wish to use them during the lab.

There is no cost for the lab which will run continuously as long as there is interest in this format. Drop by any Tuesday □

Let's Talk Monday, April 17 1:30

Let's Talk, the Center's popular reading and discussion program continues on **Monday, April 17 at 1:30**. The discussion is led by Charlotte Cox, a former leader of the Murray Library's book group. There is a suggested one time donation of \$5.00 to help with costs. Let's Talk is possible in part to the Utah Humanities Lending Library. The Spring schedule will be as follows:

April 17 - *The Color of Water: A Black Man's Tribute to His White Mother* by James McBride. As an adult, McBride finally persuaded his mother to tell her story as a Rabbi's daughter, born in Poland and raised in the South, who fled to Harlem, married a black man, founded a Baptist church, and put twelve children through college. McBride's tribute to his remarkable, eccentric, determined mother is also an eloquent exploration of what family really means.

May 22 - *The Sky, The Stars, The Wilderness* by Rick Bass. In three novels, Rick Bass lets the reader into characters who describe the world and in doing so tells us a great deal about themselves. The last, the title story, describes the world as we would like to see it.□

Ceramics Mon/Tues/Thurs. 8:30-12:30

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls.

The instructor, Cindy Mangone, has information for the beginner to advanced. All supplies are available for sale in class or you are welcome to bring your own.

The cost to participate is \$1 each time you attend plus supplies. □

Beginner Class Thursdays 1:00

Square Dancing

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced from 2:00 until about 3:00. The cost is \$1.50 per day and is paid when you arrive for the activity. Beginners are welcome and the group's success depends on having several squares of dancers each week. The caller will dedicate the first part of each class for beginners so don't hesitate to give it a try. The caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

MONDAY

TUESDAY

Heritage Center Events

Heritage Center
#10 E. 6150 S.
(west of State Street)
264-2635

we are here to serve you
Monday-Friday
8:00-4:30

8:30 Ceramics
9:00 NIA
10:30 Basic I
12:00 Lunch



Did you Remember to set your
clocks ahead for Daylight Savings Time ?

3

8:30 Ceramics
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
10:30 Basic I
11:00 Canasta
12:00 Lunch
12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

4

8:30 Ceramics
9:00 NIA
10:30 Golf League
Meeting
10:30 Basic I
12:00 Lunch
1:00 Mental Aerobics



10

8:30 Ceramics
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
10:30 Basic I
11:00 Canasta
12:00 Lunch
12:45 Crafts.
2:00 Strength Conditioning
2:00 Beginners Line Dance

11

8:30 Ceramics
8:45 Photo Class
9:00 NIA
10:30 Snowbird Lunch Trip
10:30 Email
12:00 Lunch
1:30 Let's Talk

17

8:30 Ceramics / Hill Trip
8:45 Photo Class
9:00 Aerobics
9:30 Watercolor Lab
10:15 Line Dancing
10:30 Email / 11:00 Canasta
12:00 Lunch
12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

18

8:30 Ceramics
8:45 Photo Class
9:00 Golf- Mt View
9:00 NIA
10:30 Basic II
12:00 Lunch
1:00 Mental Aerobics



24

8:30 Ceramics / 8:45 Photo
9:00 Aerobics
9:30 Watercolor Lab
10:00 Bingham Mine Trip
10:15 Line Dancing
10:30 Basic II / 11:00 Canasta
12:00 Lunch / 12:45 Crafts
2:00 Strength Conditioning
2:00 Beginners Line Dance

25

WEDNESDAY	THURSDAY	FRIDAY
<div>5</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:10 Adv. Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge 1:00 Tax Assistance	<div>6</div> 8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:00 Stretching 10:30 Basic I 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 1:00 Pottery Class 2:00 Strength Conditioning	<div>7</div> 9:30 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
<div>12</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle/ Computer Lab 10:00 Tooele / 10:10 Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge/Tax Assist 1:30 HUGS 2:00 Spiritual Cinema	<div>13</div> 8:30 Ceramics 9:00 Aerobics / 10:00 Stretch 9:00 Manucures 9:00 Toenail Clipping 10:00 Blood Pressure/Glucose 10:30 Basic I / 12:30 Lunch 1:00 Square Dancing 1:00 Pottery Class 1:00 Durable Med. Equip. 2:00 Strength Conditioning	<div>14</div> 9:30 Yoga 10:30 Brown Bag 10:30-12 EASTER BRUNCH 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
<div>19</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:10 Adv. Spanish 10:15 Yoga 11:00 Attorney 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	<div>20</div> 8:30 Ceramics 8:45 Photo Class 9:00 Aerobics / 10:00 Stretch 10:00 Blood Pressure/Glucose 10:00 Skin Cancer Screening 10:30 Email / 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 1:00 Pottery Class 2:00 Strength Conditioning	<div>21</div> 9:30 Yoga 10:00 Scanners 11:00 Massage Therapy 11:15 Chair A'Robics 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play
<div>26</div> 9:00 NIA 9:10 Int. Spanish 9:30 Pinochle / Computer Lab 10:00 Tooele Breakfast Trip 10:10 Adv. Spanish 10:15 Yoga 11:10 Cont. Beg. Spanish 11:15 Chair A'Robics 12:00 Lunch / 12:45 Bingo 1:00 Bridge	<div>27</div> 8:30 Ceramics 8:45 Photo Class 9:00 Aerobics / 10:00 Stretch 9:00 Manicures 10:00 Blood Pressure/Glucose 10:30 Basic II / 12:00 Lunch 1:00 Square Dancing 1:00 Pottery Class 2:00 Strength Conditioning	<div>28</div> 9:30 Yoga 10:30 Brown Bag 11:15 Chair A'Robics 12:00 Lunch 12:15 Massage Therapy 12:45 Bingo 1:00 Bridge Play

Friday, April 14 from 10:30-12:00

Join the Center on **Friday, April 14** for a special Easter Brunch. Enjoy a delicious menu of scrambled eggs, bacon, pancakes, hash browns, quiche, chicken salad croissant, fruit salad, and a variety of sweet rolls.

Brunch will be served buffet style and you can eat anytime from 10:30 to noon. Pre-registration and payment is required. Cost for this special brunch is \$5.00. Kick off this special Easter weekend by bringing your daughter, son, mother, or neighbor. ☐

On **Thursday, May 11**, the circus will be stopping at our Center. Be prepared for a day of clowning around, belly dancers, balloons, magicians, popcorn, and clowns. The circus will start at 10:30, but feel free to come a few minutes early for some pre-show fun. Tickets are \$7.50 and go on sale April 1. Reserved seats are required for this event.

The day will start off with the professional clowning of Sammy T. Clown and friends. The clowns will be juggling, doing balloon art, and simply clowning around. The clowns will still be entertaining while the Red Hat Belly Dancers take the stage. Paul Brewer a local magician will then thrill us with his magical talents. Pual Brewer and his assistant Jodi have starred in 1,600 sold-out shows at the Lotte World Adventure theme park in Korea. Paul has 30 years of experience entertaining for schools, church functions, and special groups.

Lunch will follow at 12:00. Enjoy a delicious meal featuring ribs and coleslaw. Advance registration is required. For this event you may reserve your seat and or a whole table for you and your friends. ☐

General Group Meeting - Monday, April 10 at 10:30

The Heritage Center's Golf League will begin this year with the general meeting for all players on **Mon., April 10 at 10:30**. At this meeting the schedule will be reviewed and "local rules" for this season's play will be outlined. Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate. A complete tournament schedule appears below. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$5 is to be paid when registering for the first tournament played.

4/24 - 9:00	Mtn.View- \$33	8/14 - 8:00	Round Valley-\$39
5/8 - 8:00	Rose Park-\$36	8/28 - 8:00	Bountiful Ridge-\$38
5/22- 9:00	Stansbury- \$28	9/11 -	Toana Vista/Wendover
6/5 - 8:00	Gladstan-\$37	9/25- 8:30	Murray Parkway-\$33
6/12 - 7:30	Glenmoor-\$33	10/2- 8:30	Meadowbrook-\$33
6/26 - 7:30	Wasatch - \$38	10/9- 5 PM	Golf Banquet
7/17- 7:30	Valley View-\$33		\$2.50 golfer/\$6 guest
7/31 - 8:30	Riverbend-\$35		

Something new!

Canasta games are conducted on Tuesdays from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

Bonnie Pino, Heritage Volunteer will welcome you into the group and teach you the game if needed. □

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the games. □

Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. Winners from February were: *Ihah Doverspike 535, Doris Collram 639, Ted Burbank 491, Frankie Arata 716.* □

Bridge - Mon/Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is back on **Monday**, as well as **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of bridge play guidelines are posted on the bulletin board in the card room.

High Scores for February were: **Wednesday**-*Hal Lemke 82, Carol Meyer 83, Helen Kunz 92, Georgetta Huelbut 88. Friday* *Shirl Mitchell 85, Ruby Snider and Hal Lemke 72, Jo Lemke 79, Jean Forman 78.* □

Canasta - Tuesday at 11:00

Enjoy a game of Canasta on Tuesday from 11:00-2:30 with a break for lunch at noon. □

Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days.

A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

Tuesdays-10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □

Thursdays 1:00-2:30

Square Dancing

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

1st & 3rd Thursday at 12:45

Red Hatters Expand to 2 Days

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on **Thurs., April 6 & 20**. For additional information contact George at 284-4240. □



Monday, April 17 - 10:30

Lunch Bunch Travels to Snowbird for Feast

Join us for a leisurely ride up Little Cottonwood Canyon to the Snowbird Resort for an early lunch at the Forklift Restaurant on **Monday, April 17 at 10:30**. The menu features several selections ranging from \$8 to \$12. Seating overlooks the ski slopes and a rustic fireplace will keep the chill off the air while you eat and chat and watch the skiers traverse the mountain.

We will return to the Center at about 2:00. The cost is \$3 and the lunch is on you. □

Tuesday, April 18 - 8:30

Hill Air Force Base Aero Space Museum

You are invited to travel with friends to Ogden, on the Center bus, and visit the Aero Space Museum on **Tues., April 18 at 8:30**. The museum is located on 50 acres on Hill AFB and displays a variety of military aircraft, missiles, weapons, and thousands of historical artifacts. We will be given a special "briefing", a guided tour, and you may take pictures and stand next to the aircraft. Lunch will be at the Ogden Chuck-A-Rama at noon and return to the Center will be at about 2pm. The cost is \$10 and includes transportation, fees, and lunch. □

Wed., April 19 - 10:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah" and music performed by the Tooele Center's volunteer band.

The bus will depart the Center at **10:00 on Wednesday, April 19** and return about 1:00. The cost is \$5 for transportation and the breakfast. □

Tuesday, April 25 - 10:00

Bingham Mine and Gardner Village

Look into the world's first open-pit copper mine as we travel to the visitor's center at Utah's Kennecott Copper Mine in Bingham Canyon on **Tuesday, April 25**. The bus departs the Center at **10:00** and returns about 3:00. The Cost is \$9. After the copper mine, it's a short ride to visit Gardner Village and reminisce during a leisurely stroll among the 18 nostalgic old-time homes which provide shops filled with gifts, collectibles, and snacks. Don't miss the piece of free fudge at the candy store. Box lunches will be provided as we arrive at the village and you may eat when and where you wish. Sign up now, only 20 seats available. □

Tuesday, May 9 - 8:30

Wendover

Travel to Wendover on **Tuesday May 9**, and enjoy a day at the Rainbow Casino.

A chartered bus has been scheduled for the trip and the **cost is \$14** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus.

Depart the Center at **8:30 am** and return at approximately **7:00 pm**. □

Trip Information

Registration for trips must be paid for in advance when registering.

You may only register for yourself and one friend. Additional friends need to make their own reservations.

One week notice is needed for a full refund on trips. Overnight trips have a different cancellation policy and cancellation dates are given when you register for the overnight trip.

You may only reserve your seat and ONE other seat on the bus.

Loading is 15 minutes before departure time. Buses do not leave early if everyone shows up early. A schedule is arranged in advance and it is important to keep to the schedule. □

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Wednesday, April 19

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, April 19 at 11:00.** Appointments are needed and are made at the front desk. At least three appointments must be made in order to have the attorney come to the Center.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Thursday, April 13 & 27

Manicures

(by appointment)

Karla Tall, a licensed and experienced nail technician, shares her time and skills at the Center on the 2nd and 4th Thursday each month.

Appointments last about 40 minutes and will begin at 9:00 am. Cost for this service is \$10 and includes nail shaping, cuticle care, moisturizing, polish (if you wish), and great conversation.

Treat yourself to this health service. Register at the front desk for the date and time you wish. Gents are encouraged to avail themselves of this opportunity, as Karla also does **Men-icures**. □

Wednesdays 1:00-3:30

FREE Tax Assistance

A.A.R.P. is providing free tax consultation and preparation for all taxpayers with middle and low income, with special attention to those age 60 and older. This free and confidential service will be available each **Wednesday** from now through **April 12** from **1:00 to 3:30.** Appointments are necessary. You may sign up at the front desk two weeks in advance for an appointment. □

Tue., May 23 & Wed., May 24-12:30

Drivers Safety Class

This unique program for older drivers is eight hours of classroom instruction (12:30-4:30) that redefine existing skills and develop safe, defensive driving techniques.

The class will be held **Tues., May 23 and Wed., May 24** from 12:30-4:30 and is taught by John Tolson, an instructor for the American Association of Retired Persons.

Drivers Safety teaches preventative measures to use when driving that saves lives and to learn about the effects of aging and medications on driving. Some insurance companies provide a premium discount for graduates of Drivers Safety.

Students must attend all 8 hours of class to receive certificate of completion. Sign up and pay \$10 at the front desk. Make checks payable to AARP. □

Wednesday, Thursday, Friday

Transportation

The Heritage Center offers transportation to Murray residents on **Wednesday, Thursday, and Friday** in our 20 passenger bus. Advance reservations are needed and new riders need to fill out a brief application before your first ride. The bus picks up between 10-11 on Wed/Fri. and 9-10 on Thursday and returns riders to home after lunch and bingo on Wed/Friday.

The Center 20 passenger bus is also used for day trips. These trips are available to any senior and are not limited to Murray residents. See page 12 for the current trip schedule.

Brown Bag

Pick up applications at the front desk for the brown bag food program sponsored by the Food Bank. You must be 65+ with annual income less than \$13,470 for single or \$18,180 for couple.

April

Brown Bag Dates

Friday - 11:15

April 14 & 28

MISCELLANEOUS...MISCELLANEOUS...MISCELLANEOUS...MISCELLANEOUS..

Newsletter Donations

Each month at least 800 copies of the newsletter are printed. Newsletters range from 16 to 20 pages in length and cost over .60¢ per newsletter. Donations are greatly appreciated to help offset this cost. Donations can be given at the front desk or put in the donation box in the lobby.

Subscriptions are available and mailed to your home for a \$16 yearly fee. Sign up and pay for subscriptions at the front desk. □

Volunteer Corner

Volunteers are the key to the success of the Heritage Center. Currently the Center is in need of volunteers for the following positions:

Dish Washer - substitutes are needed to help when regular volunteers are away. See Jozefina.

Front Desk - check with Sharon to see if the front desk has openings for volunteer receptionists.

Health Services - substitute receptionist needed to assist on Thursdays. See Daveen.

Computer Users - assist those who don't use a computer navigate the medicare website for information on the new prescription drug plans

Instructors - do you have a special talent or skill you'd like to share? See Daveen or George about teaching a class.

Yardcare - want to help in the spring and summer with the planters in the courtyard? Help will be needed starting in April. See Susan

Evening BBQ - once a month in May, June, July, dinner will be served with entertainment to follow. Volunteers needed. See Susan. □

Thank You

The following organizations, individuals and businesses purchased tiles last month. Thank You!

Dun-Rite Blinds

Jane Workman

Mike Hale Acura

Ted & Helen Burrows

South Salt Lake DUP

Morelia's Restaurant

Hilda Harney

Lowell & Shirley Hart

Sharon & Ben Kistler

Hilda Harney

Lowell & Shirley Hart

Frankie Arata

A newcomer

Helen & Meeda Smith

Kathleen & Lynn Pett

Towers Murray Plumbing

Wall of Support

First group of tiles to be installed in May

*Evening B.B.Q., Entertainment, and
unveiling of the new tiles ...*

May 15, 2006 - 5:00-6:30

Yard Sale

The Heritage Center Advisory Board is holding a Yard Sale on **Saturday, June 3**. All money raised will go to the Heritage Center.

So when you start that spring cleaning project and get rid of extra clutter, antiques or items you just don't use anymore, **SAVE** them and donate them for the Heritage Center **YARD SALE** in June. The Center will start collecting items **AFTER** May 15. We are looking for all sorts of items small and large. Items that someone else might like to purchase (no broken items and only clean slightly used clothing.) Bring items to the Center after May 15 and plan on bargain shopping June 3. ☐

Utah Assistive Technology Foundation

UATF, a non-profit 501(c)(3), makes it possible for children and adults to buy the assistive technology devices they need through affordable loans. Examples of loans ranging from \$500 to \$50,000 include: Adapted Vans, Hearing Aids, Home/Work Accessibility Modifications, Scooters and Wheelchairs, Modified Computers, Print Enlargers.

UATF offers: much lower interest rates than available from banks, Flexible loan terms, Easy application process, Information and referral services. Call 524-5152 for more information.

“Senior Centers: Our Community Investment”

Calendar of Events

Monday May 15- An evening of food and entertainment. This is the night the Center will celebrate the completion of the backyard beautification project (completed last fall) and unveil the first installation of tiles on the “Wall of Support.” Dinner will be served anytime between 5:00-6:30 and entertainment by the Mountain Green Volunteers will run from 5:30-6:15. A short program will be held at 6:15 and everyone is invited! Bring the whole family! Dinner tickets are \$5 and purchased in advance.

Friday May 19- A Celebration! This is the day the center would like to recognize two distinct groups of people. The first is all those who have celebrated a 50th wedding anniversary, the second is all those who have celebrated a 90th birthday. If you do not fall into either category, please come and help celebrate those individuals who do. Complete information will come out in the May newsletter.

**A special promotion : In honor of senior center week, we are encouraging participants in the exercise classes to bring a friend. If you bring a friend during the week of May 14-20 to any exercise class, you will receive half off your next month's exercise class.☐*

Senator Orrin and Mrs. Elaine Hatch host

New Visions on Aging

Registration forms are available in the lobby for the New Visions on Aging Conference scheduled for **Tuesday, April 18** from 8:00-3:00 at the Little America Hotel. The 19th annual conference is hosted by Senator Orrin and Mrs. Elaine Hatch. The cost is \$7 and includes lunch and conference workshops. **The event is usually sold out so register early.** Carpool or ride the train to the conference.

Featured guest speakers include author Richard Paul Evans and the real rain man, Kim Peek. Workshops include: Medicare Part D, Spirituality and Healing, Wellness, Financial Planning, Living Heroes, Fraud Prevention, Latest Research on the Brain and Alzheimers disease, and glaucoma testing.

APRIL 2006 - Heritage Center Menu

Make reservations by 12:30 the day before by calling **264-2635**

Lunch is served at Noon. Purchase tickets by 11:50 a.m.

The cost is \$2.50 for persons 55+, \$3 for a takeout, \$4 for guests under 55

A Chef Salad is available daily when requested in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
STUFFED CABBAGE Roll Orange Cake Or Apricots	PIZZA Frog Eye Salad Chocolate Pie Or Mixed Fruit	CREAM OF BROCCOLI SOUP Turkey Sandwich Chocolate Cake Or Peaches	SHRIMP SALAD Garlic Bread Chocolate Cake Or Pears	VEGETABLE LASAGNA Tossed Salad Garlic Bread Peach Cobbler Or Pears
CHICKEN CORDON BLUE Rice, Asparagus Cream Puffs Or Mixed Fruit	TACO SALAD Pudding Or Pears	MEATLOAF Mashed Potatoes w/ gravy Carrots Roll Tiramizu Or Peaches	CHICKEN NOODLE SOUP Roast Beef Sandwich Brownies Or Pineapple	Easter Brunch Pancakes, Hashbrowns, Eggs, Bacon, Quiche Fruit Salad Green Salad Chicken Salad Sandwich, Variety of Sweet Rolls
PHILISTEAK SANDWICH Pasta Salad Cookies Or Peaches	SALMON Rice Mixed Vegetables Roll Banana Bread Or Apricots	POTATO BAR Blueberry Cake Or Mixed Fruit	PORK CHOPS Potato Casserole Brussel Sprouts Fruit Cake Or Peaches	SALISBURY STEAK Noodles Carrots, Roll Gelatin Fruit Salad Or Pineapple
CRAB CAKE Roast Potatoes Cauliflower Roll Lemon Square Or Apricots	SPAGHETTI Spinach Salad Focaccia Bread Jelly Roll Or Pineapple	PORK STIR FRY w/ Mixed Vegetables Rice Ice Cream Cake Or Apricots	ROAST BEEF Mashed Potatoes w/gravy Green Beans Roll Carrot Cake Or Mixed Fruit	CHICKEN SALAD SANDWICH French Bread Apple Crumb Cake Or Pears

☐ Takeout meals are available if ordered in advance. The cost is \$3.

☐ A Chef Salad is available instead of the main entree item. Order in advance.

☐ Please cancel your reservation 24 hours in advance when possible.

☐ Drinks are not included in the \$2.50 meal cost but are available to purchase for .40¢